

Find out what would help you best right now.

Part A: Are negotiations finalised? Yes = go to Part B overleaf.

No = read on.

We hope they are going well. Despite the best intentions, sometimes people feel pressurised or fearful. Things can get out of proportion, which may lead to the situation turning hostile. It's for this reason we've developed:

"Wise steps for a successful divorce"

- Access your true wisdom to make your best decisions
- Reduce the stress of the process
- Make the process more productive
- Smooth the way for a successful divorce
- Develop clarity on the way forward for a better 'new life'

"WISE STEPS FOR A SUCCESSFUL DIVORCE"	
Check to see if it's relevant to you	
<ul style="list-style-type: none"> • Are you concerned about the future? (Symptoms can also be evident by changes in your sleeping pattern or your weight, you may feel tense or distracted and you may be finding it harder to make decisions about things) 	Y / N
<ul style="list-style-type: none"> • If you have children, do you want future communication with your ex and the wider family to be on co-operative terms? 	Y / N
<ul style="list-style-type: none"> • Would you like to learn how to communicate through negotiations (and beyond) so that you are less likely 'rub each other up the wrong way' or respond negatively? 	Y / N
<ul style="list-style-type: none"> • Do you want future interaction with your ex, in the company of wider family or mutual friends, to be co-operative and without obvious friction? 	Y / N
<ul style="list-style-type: none"> • Would you like to make decisions from a position of emotional understanding and awareness of what is truly important to you for the long term, thus avoiding decisions spurred on by unconscious fears or anger in the short term? 	Y / N
<ul style="list-style-type: none"> • Would you prefer for the separation/divorce to be amicable in the long run? 	Y / N
<p style="text-align: center;">How many Yes answers?</p> <p>4 to 6: 'Wise steps for a Successful Divorce' is perfect for you and will increase your chances of a positive outcome, even when the going gets tough!</p> <p>2 or 3: 'Wise steps' is relevant to you. Tell your coach which you answered no to so that they can emphasise what's most important to you.</p> <p>Call Fiona at the Poole office on 01202 257364 or Geoff in Birmingham on 07976 800440</p> <p>1 or 0: No problem. 'Wise steps' may not be suitable for you right now. To see alternatives, go to <u>Part C</u>, overleaf.</p>	Total

Part B *"Freedom is what you do with what's been done to you"* Jean-Paul Sartre

Congratulations! Negotiations are finalised.

You are now entering a new chapter in your life. For some people this brings a sense of relief - as if a huge weight has been lifted and they want to make the most of the next chapter of their life. This new freedom can also bring challenges. **'What to do?' 'How to?' 'Can I?' 'Do I have the confidence?' Even 'Do I deserve to?'**

- For some there is a gap to fill as dreams have been dashed.
- You may be facing new practical challenges, from dealing with finances to cutting the hedge.
- There are emotional challenges as you juggle expectations, perhaps adjust to single life. Children are a big source of concern and managing the shared access, without getting into power struggles, is really important for everyone's emotional well being.
- Some people get a lot of support from their friends and family, others lose out and could do with more.

Some may re-assess their life and work to seek more fulfilling directions

If any of these sound familiar to you, we can help in several ways: -

'GET MORE OUT OF LIFE AFTER DIVORCE' WORKSHOP™

Will clarify and help with many aspects of what you are facing. Skilfully tailored to your needs, so you become more positive and resourceful in your life. You will gain insights, strategies and encouragement, increased confidence, more control and be able to put your newly discovered ideas into action for a happier fulfilling life where you can better cope with what life throws at you. It's delivered in small groups for personal attention over two part days to enhance reflection and overall effectiveness.

'Get More Out of Life' inspired me to do what I had been dithering about for too long. My only regret is that I didn't do it sooner"

"The workshop changed my thinking and since then I have transformed my social life for the better"

"It was very enjoyable and motivating, I would definitely recommend it."

See the website, email suzanne@greatcoachingservices.co.uk or call 01202 257364 to receive full details.

Part C

1. PRIVATE ONE-TO-ONE COACHING:-

The solution for specific needs or extra support related to divorce, work or other matters.

2. LASER COACHING is a one-off, highly focussed session with a coach to deal with a specific topic or sticking point.

3. GREAT COACHING PROGRAMME provides comprehensive support. Your coach is 100% alongside you as you evolve and implement your new plans over 3 or more months. Our coaches each have specific areas of expertise or styles and we match the best for you. Call Fiona to discuss your requirements confidentially, on 01202 257364

P.S. We have an e-newsletter for tips and inspiring stories. Book your free copy at www.greatcoachingservices.co.uk or suzanne@greatcoachingservices.co.uk